



# Art & Wellness

08  
22

# August

MON	TUES	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6 9am Yoga w/ Janine Martins	7
8 9am Mindfulness Mondays Early opening quiet hour	9	10	11	12	13	14
15 9am Mindfulness Mondays Early opening quiet hour	16	17	18	19	20	21
22 9am Mindfulness Mondays Early opening quiet hour	23	24 6:30pm Movement Meditation w/ Avril Ward	25	26	27 12pm Teen Art Drop-in w/ APF	28
29 9am Mindfulness Mondays Early opening quiet hour	30	31				

Register at [education@nationalgallery.org.ky](mailto:education@nationalgallery.org.ky)

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**NATIONAL  
GALLERY**  
CAYMAN ISLANDS

# Art & Wellness

## Mindfulness Mondays

MONDAYS 9:00AM

The Gallery opens early every Monday for quiet viewing hours. Sit and meditate in front of an artwork, enjoy focused sketching time or collect an art & mindfulness journaling page from the reception desk.

## Self Guided Garden Tours & Labyrinth Walks

ONGOING

Wander through the National Gallery's peaceful sculpture garden of largely native plants. Walk the labyrinth of sacred geometry found in cathedral labyrinths around the world.

## Yoga with Janine Martins

SATURDAY 6 AUGUST 9:00AM

Yoga class for all levels on the National Gallery Gardens' deck.

## Movement Meditation with Avril Ward

WEDNESDAY 24 AUGUST 6:00PM



A holistic meeting of the body, soul, and spirit. Perfect for those who struggle with traditional still meditation. Registration required.

## Last Saturday Teen Drop-In Art Sessions

SATURDAY 27 AUGUST 12PM

Hour-long drop-in art sessions for those aged 14-18. Take part in collaborative art projects, socialise with peers, and enjoy meditative art time.

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